

LASTING VALUES

A RESOURCE CREATED BY
ALOVE AND
THROUGH THE ROOF
IN PARTNERSHIP TOGETHER



A practical four-session resource
to explore the values of the
Games with young people



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INTRODUCTION

In July 2005 the city of London won the right to stage the Olympic and Paralympic Games for 2012. The winning bid had the unique selling point of focusing on legacy – the on-going benefits that the Games would bring to London and the UK after the six-week period of the Games had finished. Although very few of us will get to experience what it is like to compete at such a major sporting event, each one of us can learn from and adopt values (the things we consider important to us), such as those associated with the Games, that can bring positive and lasting change to our lives and those around us.

This resource has been created for use in schools, youth groups and churches to explore the values of the Games with young people, particularly focusing on the four values of the Paralympic Games: Courage, Determination, Equality, Inspiration. The resource is intended to be appropriate for, and inclusive of all abilities. Its approach is to promote inclusivity and value the unique abilities of all of those in our various communities.

WHO THIS RESOURCE IS FOR

The resource is aimed at young people in school years 7 – 9 (ages 11 – 14), although it could be adapted for use with young people who are younger or older.

USING THIS RESOURCE

Focusing on the four values of the Paralympic Games, which are courage, equality, determination and inspiration, these sessions aim to take the young people on a journey through history, geography, sports, RE and the arts. Each individual will have the opportunity to think, feel, talk about and experience a deeper understanding of these values and how they can put them into practice. For each of the four values there is a flexible session plan split into three sections:

**ON YOUR MARKS
GET SET
GO**

ON YOUR MARKS



This is the starting point, a way in to encourage the young people to describe in their own words what the value means to them. Each value will have a definition to start or conclude discussion.

GET SET



This is about getting ready, preparation and the opportunity to discover the value in new ways. We all learn and experience things differently, therefore, each session provides different approaches to learning. Various practical activities – with suggested time allocations – offer leaders the opportunity to select from options of visual (film), active (sports and games), creative (arts/crafts/drama), and experiencing multi-sensory ideas, to engage all abilities in individual and group settings.



BE VISUAL

This section provides an example of a video clip, mostly available via You Tube, that shows an example of what a value might look like in practice.



BE ACTIVE

This section has instructions of how to play a Paralympic or Inclusive sport related to the value for that session. Sports are great at encouraging team building, respect and self-esteem that engage young people of different abilities. It is important to think about venue, space and practical issues in order to remove any potential accessibility barriers.



BE CREATIVE

This section features learning about the value through the arts, music, getting messy and drama. Young people of different abilities can be very expressive through using visual equipment, lights, mime, pictorial and audible media. All young people can participate in something.



EXPERIENCE MULTI-SENSORY INDIVIDUAL OR GROUP ACTIVITIES

This section provides ideas to help young people think about how we experience things through our 5 senses of: Sight, Sound, Touch, Taste and Smell. Some senses are stronger depending on personal experience and how unique and creative people are.

GO!



The final section seeks to apply what has been learned and experienced about the value to the young people's own lives. There is the opportunity to reflect, question and apply learning.



BE BIBLICAL

This section allows for the option to read Bible verses based on each value to explore principles of truth that can be learned.



PRAY

Each session ends with an optional prayer, acknowledging that we need God's help to change and apply the value to our own lives.

At the end of the resource a legacy section points to further help and ideas, including a list of resources that are available to further help address the issue of inclusivity.

WARM UP!

The Games have seven values, which are **friendship, excellence, respect, courage, equality, determination** and **inspiration**.

VALUES FOR THE GROUP

Leader's Notes: Ask the young people together to come up with values for their group.

Put up the words: friendship, excellence and respect where the young people can see them or read them out. Ask the young people what they think these words mean and how they can encourage each other to show them. For each session put up the values to remind the young people about the group values, which they agreed to.



HISTORY

WHAT IS THE HISTORY OF THE PARALYMPICS?

Research why, where, when and how the Paralympics started.

For information, visit www.london2012.com/games-heritage, www.paralympic.org/ParalympicGames, and www.paralympics.channel4.com



GEOGRAPHY

WHICH COUNTRIES ARE PARTICIPATING IN THE PARALYMPICS?

- Research countries that are involved in the Paralympics
- Think Global: What concerns are facing some of these countries? Is it harder for some countries to compete? Why? Explore issues of poverty, homelessness, trafficking, access to education and fair trade, particularly relating to disabled people.
- How do these issues affect young disabled people and what should people be aware of?
- How can we change this?

Leader's notes: Divide young people into small groups and assign one issue to each group. Ask the young people to research the issue raised. This helps the young people to start thinking about the Paralympic Games as being about more than a sports event and about the value of being human. Many of the above concerns affect young people in this country in their local communities. Often we are not aware because we don't see it. Ask the young people to put together a newspaper article about this issue, or if you have access to a video camera and computer the information gathered could be delivered as a film diary project or 10 minute presentation by each group.

PARALYMPICS VALUE COURAGE

ON YOUR MARKS



In your own words, how would you describe 'courage'?

Notes to leader: Need - Flip chart paper and pens for each group. Ask the young people to write down on the paper provided their thoughts. Share as a larger group

Definition: The quality that enables people to meet danger without giving way to fear: bravery: spirit



15 minutes

GET SET



BE VISUAL

Watch: Erik Weißenmeyer, blind Mount Climber
www.youtube.com/watch?v=uhd-xxCPT_8

Watch: 'Would you have enough courage?'
www.godtube.com/watch/?v=CFE1JNNU

Talk about how this shows courage?



15 minutes



BE ACTIVE

Play a Paralympic Sport – Goalball.

Qualities needed: Speed, Courage, and Listening

Great Britain Ladies are the European Goalball Champions



5-45 minutes

THE GAME: EXPLANATION

Goalball is a three-a-side sport for players with sight loss, who all wear eyeshades so everyone plays on an equal level. It is a game of defence and attack played with a ball containing an internal bell that enables players to hear and locate it during play. The playing area is defined by tactile markings, which allows players to determine their position on the court. When players hear the ball coming they dive at full stretch across the floor, like a goalkeeper, to block the ball rolling towards their goal. If the ball goes past the back line it is a goal. The team with the most goals wins. Spectators must watch in silence so players can hear the ball.

Watch a clip of Goalball at: <http://paralympics.channel4.com/the-sports/video/videoid=1229194/index.html>

TRY A MINI-GAME

Equipment needed: Ball with a bell and eyeshades/scarves for each person (or close eyes).

You can purchase two 20cm foam balls with bells in and 12 eyeshades from: www.bishopsport.co.uk/prodtype.asp?CAT_ID=1010&strPageHistory=category for £39.85 + VAT. Alternatively, a competition-standard Goalball costs £45 from RNIB, tel: 0303 123 9999, www.rnib.org.uk/shop/Pages/Category.aspx?Category=sports__equipment

1. Form a circle with legs apart and feet touching. Everyone close their eyes or cover them with eyeshades or a scarf
2. Players roll the ball around/across the circle and score a point if the ball goes through the legs of someone else

For more info: visit www.goalballuk.com



QUESTIONS

- What does it feel like not to have the full use of your sight?
- Have a go, or just think about what it might feel like, in a game of Goalball, to dive at full stretch to block a ball rolling towards your team's goal?



BE CREATIVE

Activity: Build a tower of strength and test your courage

Equipment needed: Newspaper, cardboard, tape, mathematical weights
Explanation: Divide the group/class into small groups of about four. Provide each group with newspaper and tape. Inform the young people that they have to build a tower using only the newspaper, cardboard and tape provided. They have 30 minutes for the exercise to build their tower. The challenge is see if their tower can stand the test of strength.

Leader's notes: After 30 minutes ask each group in turn to test their tower. The goal for the young people is how much courage they will have to keep putting weights on their tower with the fear it may fall over. Have a selection of small mathematical weights, or equivalent, (start with a small weight of 10g and increase in stages) and ask the young people to place one at a time on their tower. Inform the group that if their tower falls over their challenge has finished.

They have a choice when to stop putting weights on their tower. The tower bearing most weights and still standing at the end wins.



60 minutes

(10 minutes explanation,
40 minutes task and 10
minutes testing)



QUESTIONS

- Do you think you worked well as a group?
- In what ways did you feel supported?
- Did you doubt the strength of your tower, if so why?
- Did you have courage to see the task to the end?

Leader's notes: Inform the young people that this activity is not about winning or losing. It is important for us to reflect that there are times when we face difficult decisions and don't have the courage or confidence to believe in our selves.



EXPERIENCE MULTISENSORY GROUP ACTIVITIES



Each session is
25 minutes

WHAT DOES COURAGE LOOK LIKE?

Activity: A Personal visualisation of courage

Equipment needed: Paper, coloured pencils/pens

Explanation: Encourage young people to try and visualise what courage looks like to them. Young people to be invited to either draw a picture or write down words that they feel express courage.

WHAT WOULD COURAGE SOUND LIKE?

Activity: A rhythm of courage

Equipment needed: Musical instruments

Explanation: Provide a range of musical instruments for the young people to choose from. Ask the young people to come up with a beat or rhythm that they think represents courage.

WHAT DOES COURAGE FEEL LIKE?

Activity: Feeling Courageous?

Equipment needed: Scrabble board, fabrics

Explanation: Set up a scrabble board and place the word Courage in the middle and ask the young people use the rest of the scrabble tiles to make words that they associate with courage. When the young people have used all the scrabble tiles ask them to choose two words each that they think best describes experiencing courage. Set out some fabric squares in different colours and ask the young people to write the words on their piece of fabric and decorate it.

IF COURAGE HAD A SCENT, WHAT WOULD IT BE LIKE?

Activity: The Aroma of Courage

Equipment needed: Essential Oils

Explanation: Provide a range of oils for the young people to smell. Ask the young people to choose which oil they think represents courage.

[Notes to Leader: check that young people do not have any allergies].

GO!



APPLY IT

- Do you think it is easy or difficult to have courage?
- How do you get more courage?
- Why do you think courage is a Paralympic Value?
- Talk about a difficult situation, like seeing someone being bullied, called names, laughed at – how would you show courage to do what's right?
- How would my life be different if I applied courage?



25 minutes



BE BIBLICAL

- Read Deuteronomy chapter 31, verse 6. How does this make you feel?
- Read Proverbs chapter 31, verses 8 – 9. What do you think this means?



PRAY

Dear Lord God – please help us to have a spirit of courage. Help us to do what is right and be there for those in need, even if it is difficult

PARALYMPICS VALUE

DETERMINATION

ON YOUR MARKS



In your own words, how would you describe 'determination'?

Leader's notes: Need - Flip chart paper and pens in small groups. Ask the young people to write down their thoughts on the paper provided. Feedback to larger group.

Definition: The act of coming to a decision: resolution: fixing a purpose: decision of character



15 minutes

GET SET



BE VISUAL

Watch: 'Perseverance Derek Redmond' at:
www.youtube.com/watch?v=Nifq3Ke2Q30

Watch: 'Nick Vujicic, No Arms, No Legs, No Worries' at:
www.youtube.com/watch?v=yo_24_qTNac



15 minutes



DISCUSS

- In what ways do Derek or Nick show determination?
- What do these films teach us?



BE ACTIVE

Play a Paralympic Sport: Boccia.

Great Britain's David Smith is a Paralympic gold medalist in the Singles

Qualities required: Skill, Determination, and Accuracy



30–45 minutes

THE GAME: EXPLANATION

Boccia is a target sport, a bit like bowls. Players can roll, throw, kick their ball or release it down a ramp with the aim of getting as many of their Boccia balls closer to the white jack (target ball) than their opponent. Everyone plays from a seated position and can play individually, in pairs or in teams of 3. After all six red and six blue balls have been played (called an 'end'), the team with the nearest ball to the jack scores one point for each ball closer than their opponent's. A game usually consists of six ends.

Watch a clip of Boccia at: <http://paralympics.channel4.com/the-sports/video/videoid=1229522/index.html>

TRY A MINI-GAME:

1. Get a set of Boccia balls (£109.74 for recreational Play Boccia balls from Davies Sports, www.daviessports.co.uk/product/pcsd81573; or £210 for competition leather Standard Indoor 'Handilife' set from CP Sport, 0115 925 7027, www.cpsport.org/boccia/equipment.shtml)
2. Players sit in a line. Place a large hoop on the floor. Players roll/throw/kick their ball (or bean bag) with the aim of stopping it inside the hoop to score a point.

Leaders' Notes: Think about using different colour hoops and having a large print scoreboard so young people who have additional needs/special educational needs/learning disability can have it as a reference.

For more info: visit www.bocciaengland.org.uk



BE CREATIVE

Activity: 'The apprentice': You're hired!

We often see on the television, young hopefuls determined to make it as Lord Alan Sugar's next apprentice. The fear of being fired makes them fight against all odds to prove that they are the best even if it means being unpleasant or ruthless to other people. We see here that determination can be both positive and negative depending on how it is asserted. Determination to want to do well and succeed is not a bad thing but when applied selfishly and at the cost of others then it is a bad thing. Often, television can show determination in a poor manner, showing people's determination as domination. Determination brings in the other values too like courage, equality and inspiration or the level of respect you show in your determination as we all have the power to make a difference in the world.

Explanation: Divide the young people into small groups of about four/five. Each group needs to nominate someone to be the Project Manager. The role of the Project Manager is to oversee the task, designate roles and support the team in completing the task successfully.

The Task: Each group be assigned a developing country

Be Global: The task of the group is to invent something for their country they think could make a difference.

Equipment needed: A3 Paper, pens, pencils (plain and coloured) and access to internet

Leader's notes:

The task is for young people to:

- Research their chosen country
- List key issues or concerns the country face
- Design something that could elevate one of these issues
- Come up with a name and brand for their invention
- Write a pitch to present to the rest of the group (seeking investment in their invention).
- Project Manager to give each of their team a role



60 minutes



QUESTIONS

- What did you learn in doing the task?
- Do you feel you all worked well together?
- Did you experience determination, in what way and why?



EXPERIENCE MULTISENSORY GROUP ACTIVITIES

'Krypton Factor' Challenge:

Use the above theme to have four zones that include and challenge the young people.



Each session is
25 minutes

WHAT DOES DETERMINATION LOOK LIKE?

Physical: Devise a mini assault course for relay teams incorporating things like benches to climb/jump over, scramble under netting/parachute or crawl through a tunnel/chairs, balance walk across a bench. Each individual runs back to the start to tag the next person to go. Record the time it takes, then repeat it again with everyone determined to try to beat their previous time.

Thinking: have a treasure hunt with simple clues [use picture clues using clip art or symbols]. **Leader's notes:** think about the accessibility of outdoors.

Observation: Watch a DVD clip e.g. the escape scene from *The Shawshank Redemption*, where the lead character, Andy Dufresne, an innocent man wrongfully jailed for life, escapes from prison after twenty years spent digging a tunnel from his stone cell and crawling along the prison's sewage pipe to freedom. Ask questions relating to determination.

Knowledge: Devise a multiple-choice general knowledge quiz and encourage the young people to be determined to get the right answers by working together.



QUESTIONS

- What did determination look or feel like?
- In what ways did you show determination?

GO!



APPLY IT

- Do you think it is easy to show determination?
- In what ways could you show determination?
- Why do you think determination is a Paralympic Value?
- How would my life be different if I applied determination?



25 minutes



BE BIBLICAL

- Read Philippians chapter 4, verse 13. How does this make you feel?
- Read 2 Timothy chapter 4, verse 7
- Read Galatians chapter 6, verse 9. What do you think this means?



PRAY

Dear Lord God – please help us to demonstrate determination and not give up. Help us to care and value others.

ON YOUR MARKS



In your own words, how would you describe 'equality'?

Leader's notes: Need - Flip chart paper and pens in small groups. Ask the young people to write down their thoughts on the paper provided. Feedback to larger group.

Definition: the condition of being equal: sameness: of the same value



15 minutes

GET SET



BE VISUAL:

Watch: 'Blind Football Player' at:
www.youtube.com/watch?v=7Ycdpxu51OA&feature=related



15 minutes



DISCUSS ?

- In what ways does this reflect equality?
- Think about: How does it feel when you feel valued?



BE ACTIVE

Play an Adapted Sport: Choose a sport and adapt it, using the tips below, so everyone of any ability can join in...

Qualities required: Fairness, Equal value, Acceptance

- Choose a larger ball to make it easier to hit/kick/catch
- Create safe zones for slower players that others can't enter. This gives more time and space
- Use a lower net
- Increase the size and number of targets
- Shorten the distance required to cover or shoot at
- Tee up the ball to keep it stationary and easier to hit
- Allow players to play seated, kneeling or lying
- Use benches/boards to keep the ball from rolling away
- Play games on a table-top so people can play from a seated position
- Change the purpose of the game e.g. co-operate with each other by seeing how many passes you can make, instead of scoring the most goals
- Use brightly coloured or audible balls for people with sight or concentration difficulties
- Give everyone a specific role and celebrate each one as unique but equally valuable e.g. Equipment Co-ordinator, Refreshment organiser, Manager, Goalkeeper, Referee, Defender, Commentator, Lead Supporter, Photographer, Team Spirit Co-ordinator, Goal scorer...

Get inclusive sports/games equipment from: www.bishopsport.co.uk/prodtype.asp?strParents=&CAT_ID=1010&numRecordPosition=1, and www.daviesports.co.uk/products/Inclusive-Sports-And-Games

For more info: visit www.efds.co.uk/page.asp?section=723



30–45 minutes



BE CREATIVE

Activity: 'Positive views about young people'. How are young people viewed in the local media and in the community? Is there equality for young people?

Equipment needed: Access to computer, flip chart paper, pens

Explanation: Leaders' notes – The purpose of this activity is to help young people consider whether they feel that they experience equality in their community. Working in groups the young people should imagine that they are putting together a National Awareness Campaign about the positive things young people offer, using the questions, below...



30–45 minutes



QUESTIONS

- Do you think young people are fairly represented in the media, if so why or why not?
- What does equality mean amongst young people?
- What issues are there in your community that affect young people?
- Do you think as a young person you have voice to express your thoughts?



EXPERIENCE MULTISENSORY GROUP ACTIVITIES

SEE: WHAT DOES EQUALITY LOOK LIKE?

Activity: Equality of young people in the local community 'Design a Poster'

Equipment needed: A3 paper and coloured markers

Explanation: Encourage young people to think about what equality looks like.

Invite the young people to either draw a picture or write down words that they feel express equality. Design a poster, alongside the National Awareness Campaign, above, about young people.

HEAR: WHAT WOULD EQUALITY SOUND LIKE?

Activity: Write a rap or poem about equality

Equipment needed: Paper, pens, access to a computer

Explanation: Encourage young people to draw on all the things they have learnt about equality and put together a message in the form of a poem or rap. It is important to consider the language and words used, as they too reflect equality - unkind words and attitudes can negatively affect others.

TOUCH: WHAT DOES EQUALITY FEEL LIKE?

Activity: Feeling Equal

Equipment needed: Scrabble board, cardboard, paper plates, fabric squares, fabric pens and fabric glue.

Explanation: Set up a scrabble board and place the word Equality in the middle and ask the young people use the rest of the scrabble tiles to make words that they associate with equality.

Set out some fabric squares in different colours and ask the young people to write the words on their pieces of fabric (one word per young person). When the young people have finished secure the squares down with fabric glue on cardboard like a large fabric scrabble board.



Each session is
25 minutes

GO!



APPLY IT

- In what ways are some people not treated equally?
- How can we accept others as different but of equal value?
- Why do you think equality is a Paralympic Value?
- What kind of things could you do to treat others with fairness and equality?



30 minutes



BE BIBLICAL

- Read Genesis chapter 1, verse 27. How does this make you feel?
- Read 1 Corinthians, chapter 12, verses 25 – 26. What do you think it would be like if a group of people had equal concern for each other?
- Read 2 Corinthians, chapter 8, verse 13. In what ways could we put this into practice in our lives?



PRAY

Dear Lord God – thank you that every single one of us is created unique and different but the same inside. Help us to see others as being equal to us, whoever they are.

PARALYMPICS VALUE INSPIRATION

ON YOUR MARKS



In your own words, how would you describe Inspiration?

Leader's notes: Need - Flip chart paper and pens in small groups. Ask the young people to write down their thoughts on the paper provided. Feedback to larger group.

Definition: the act of breathing in: an object or person that inspires: stimulation by a divinity, a genius, an idea or a passion



15 minutes

GET SET



BE VISUAL

Watch: 'Inspirational Rick and Dick Hoyt, Team Hoyt (A Fathers' Love)' at: www.youtube.com/watch?v=36fjVFHNU48



DISCUSS

- What inspired you most about this film clip?



BE ACTIVE

Play a Paralympic Sport: Sitting Volleyball.

Qualities required: Strength, Agility, and Flexibility

The game:

Sitting Volleyball is a six-a-side sport for players with physical disabilities who have reduced or no movement in their upper and lower limbs. Players aim to land the ball in their opponent's half of the court. Each team is allowed three touches of the ball before it must cross the net and part of a player's body (between their bottom and shoulders) must be in contact with the court when the ball is played. The first team to reach 25 points wins the set and a game is best of 5 sets.

Watch a clip of Sitting Volleyball at: <http://paralymphics.channel4.com/the-sports/video/videoid=1229080/index.html>

Try a mini-game:

1. Blow up several balloons
2. Sit players on the floor in the form of a circle
3. Players work together to try and keep a balloon in the air for as many hits as possible.

Increase the number of balloons or introduce a lightweight ball to make it harder.

Divide the circle in two to introduce the concept of two teams playing against each other

For more info: visit www.volleyballengland.org/sitting



30–45 minutes



BE CREATIVE

Activity: 'Carry the torch'

Equipment needed: Ambassador cardboard postal tubes (can be bought from www.amazon.co.uk), party hats (one per young person needed, different colours), battery operated t-lights, tissue paper (red, yellow and orange), decorative paper/card, glue, tape, ribbon, scissors and double sided tape

Explanation: Each young person will need a postal tube, a t-light, party hat and access to the materials.



30–45 minutes

To make the torch:

1. Take off plastic lid off one end of the tube and put it to one side
2. Decorate the tube in bright colours using the materials provided
3. Take a party hat and cut off the point
4. With the rest of the party hat place in the inner of the tube and tape around to secure so it makes a cone shape
5. Take tissue paper and tear to size – use all three colours
6. Place the tissue paper in the cone and arrange to look like fire
7. Secure the lid inside the cone on top of the tissue paper
8. Place the t-light on top; this can be secured with double sided tape
9. Turn the light on to look like a flame



EXPERIENCE MULTISENSORY GROUP ACTIVITIES

SEE: WHAT DOES INSPIRATION LOOK LIKE?

Activity: Who inspires you?

Equipment needed: Paper, coloured pencils/pens and access to the internet

Explanation: Encourage the young people to think about who inspires them and why. Ask young people to choose two people who inspire them and find out information about them. Draw or write about what you find out.

HEAR: INSPIRATIONAL STORIES

Activity: Listen to inspirational stories

Equipment needed: Ask young people to read out loud (if they are able to) something about the person who inspires them.

Explanation: Provide a range of musical instruments for the young people to choose from. Ask the young people to come up with a beat or rhythm that they think represents inspiration.

TOUCH: WHAT DOES INSPIRATION FEEL LIKE?

Activity: Feeling Inspired?

Equipment needed: Scrabble board

Explanation: Set up a scrabble board and place the word Inspire in the middle and ask the young people to use the rest of the scrabble tiles to make words that they associate with Inspiration. When the young people have used all the scrabble tiles ask them to choose two words each that they think best describes the feeling to be inspired. This could be linked to the qualities the person who inspires them.



Each session is
25 minutes

GO!



APPLY IT

- Would you like to inspire people as others have inspired you?
- In what ways could you be an inspiration to others?
- Why do you think Inspiration is a Paralympic Value?



30 minutes

FURTHER THOUGHTS

Everyone has the ability to be inspiring in the way we care for others, treat people with respect and help people. The inspirational gifts we admire in others are gifts we have ourselves. Be encouraged and let these gifts shine. So many people can hide their light because of a lack of confidence or fear. You have the potential to make a difference in your attitude and how you value others. You can teach kindness by modelling kindness. It is the random acts of kindness you show to others that make the difference and is truly inspiring.



BE BIBLICAL

- Read 1 Thessalonians chapter 5, verse 11. How does this make you feel?
- Read 1 Corinthians chapter 12, verse 26. What do you think this means?



PRAY

Dear Lord God – thank you that you for the people who inspire us and help us to be an inspiration to others.

A LASTING LEGACY – WHAT NEXT?

FURTHER IDEAS



ALOVE UK is The Salvation Army for a new generation – an expression of The Salvation Army for young people and young adults. ALOVE UK is committed to working for hope, transformation and opportunity in youth and community life.

We can offer...

The team at ALOVE UK have created some new material 'cell plus'. These cell notes are designed to provide a further accompaniment to the ALOVE Cell notes. They are to resource you, particularly if you have young people with learning disabilities, additional needs and/or special needs in your group. There may be times when you face the challenge of balancing different learning needs of young people in a group setting as well as this there may be situations in which many of the young people you are working with have a short attention span, struggle with reading and engaging in sessions. These cell notes provide a range of activities that have been simplified, using visuals and very practical ideas.

ALOVE UK offer a range of materials/resources which can accessed from our website.

Tel: 020 7367 4555

Email: alove@salvationarmy.org.uk

Web: www.salvationarmy.org.uk/alove



Through the Roof is a Christian disability charity with a vision for all people to live interdependently, giving and receiving, as God intended. We seek to transform lives through disabled people by providing life-changing opportunities and we equip individuals, churches and communities to do the same.

We can offer...

- Written publications, and on-line ideas and resources e.g. Paralympic themed DVD resource: 'Undeclared'; a checklist of inclusive principles; Disability Sunday resource for use in church services during the Paralympics (Sundays 2nd and 9th September), a Charter for Inclusivity
- Social action mission trips to developing countries that change the lives of disabled people and the UK team-members
- Training workshops and speakers with personal experience of disability
- UK groups for young people with and without disabilities that model inclusivity – Integr8 Encounter groups

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